

DIVE DEEPER

Learn more about being a 'toxic-free zone'

EXPLORE CONSUMER GUIDES FOR TOXICS

www.ewg.org



TAKE ACTION

Washington Toxics Coalition

www.watoxics.org



INVESTIGATE PERSONAL CARE PRODUCTS

at The Campaign for Safer Cosmetics

www.safecosmetics.org



RESEARCH SAFER ALTERNATIVES

www.pollutioninpeople.org



INVESTIGATE YOUR FURNITURE AND ELECTRONICS

at Green Science Policy Institute

www.greensciencepolicy.org



PTMSC'S TOXICS WEBSITE

Toxic Chemicals in Marine Environments

www.ptmsc.org/toxics_mar_env.html



TOXIC CHEMICALS ARE ALL AROUND US

Let's work together to reduce their impact!

VOTE WITH YOUR DOLLARS – WHAT YOU BUY MATTERS.

WHAT LIES BENEATH

Over 7 million recognized chemicals are in existence and approximately 80,000 of them are in common use worldwide...

BY LAW

Manufacturers are NOT required to list ALL ingredients in a product. Research on long-term effects is NOT required by the U.S. government.

WHAT CAN YOU DO?

Learn about toxic chemicals and share your knowledge.

Join PTMSC's *Gone Green? Go Blue!* initiative – together we can make a difference.



Port Townsend Marine Science Center

Located at Fort Worden beach

532 Battery Way

Port Townsend, WA 98368

www.ptmsc.org 360.385.5582

Rev. July 2014

BE A



TOXIC

FREE

ZONE

“If we are going to live so intimately with these chemicals, eating and drinking them, taking them into the very marrow of our bones - we had better know something about their nature and their power.”

~ Rachel Carson, *Silent Spring*



A GUIDE TO TOXICS

Toxics to AVOID

Where?

Toxics Effects

Alternatives

<p>BPA Bisphenol A</p>	<p>Hard plastic containers, food, beverage, and formula can linings, dental sealants, paper cashier receipts</p>		<p>Use BPA-free bottles and containers. Use stainless steel and glass instead. Opt not to take a receipt or ask local stores if they can switch to BPA-free products.</p>															
<p>Phthalates PVC, di(2-ethylhexyl) phthalate (DEHP), diethyl phthalate (DEP), dimethyl phthalate (DMP), di-n-butyl phthalate (DBP)</p>	<p>Toys, shower curtains, vinyl flooring, detergents, food packaging, perfumes, nail polish, and shampoo</p>		<p>Reduce plastic use. Use glass containers for food, buy natural fiber clothing, use cosmetics made from natural ingredients.</p>															
<p>Preservatives Formaldehyde, Parabens, Methanal, Methyl aldehyde, Methylene oxide, Morbic acid, and Oxymethylene</p>	<p>Personal care products such as: perfumes, make-up, lotions, soap, toothpaste, sunscreen. Home goods such as: glues, plywood, and insulation</p>		<p>Read Labels. Products with short ingredient lists likely contain less toxic chemicals. Use sites like EWG's Skin Deep for simple 'toxic ratings' in cosmetic products.</p>															
<p>PFCs Ingredients including the words "fluoro" or "perfluoro", Perfluorooctanoic acid (PFOA) and Perfluorooctanesulfonic acid (PFOS)</p>	<p>Teflon cookware, Gore-tex, Scotchguard, dental floss, microwave popcorn bags, pizza boxes, take-out containers, and shampoos</p>		<p>Avoid non-stick. Cook with cast iron or stainless steel, bring your own containers for take-out leftovers, pop your own popcorn, avoid water resistant clothing and sprays. Avoid materials labeled non-stick or treated for water resistance.</p>															
<p>Flame Retardants PBDEs and Tris Flame Retardants: PBDEsm BFRs, BCOs, TBBPA, HBCD, TDCPP, TCEP Furniture tags indicating compliance with TB117</p>	<p>Computers, furniture, sleepwear, drapes, carpeting, home insulation, and mattresses</p>		<p>Contact manufacturers. Flame retardants are difficult to avoid. They are not listed on labels, so contact manufacturers to ask. Buy 'loungewear' for sleeping.</p>															
<p>Pesticides/Herbicides  Learn more about produce and these chemicals at www.ewg.org</p>	<p>Top 10 most contaminated produce</p> <table border="0"> <tr> <td>Apples</td> <td></td> <td>Nectarines</td> </tr> <tr> <td>Celery</td> <td></td> <td>Grapes</td> </tr> <tr> <td>Bell Peppers</td> <td></td> <td>Spinach</td> </tr> <tr> <td>Peaches</td> <td></td> <td>Cucumbers</td> </tr> <tr> <td>Strawberries</td> <td></td> <td>Potatoes</td> </tr> </table>	Apples		Nectarines	Celery		Grapes	Bell Peppers		Spinach	Peaches		Cucumbers	Strawberries		Potatoes		<p>BUY ORGANIC Join a community garden GROW YOUR OWN!</p>
Apples		Nectarines																
Celery		Grapes																
Bell Peppers		Spinach																
Peaches		Cucumbers																
Strawberries		Potatoes																

Ingredient's Effects on Humans and Wildlife:



Endocrine (Hormone) Disruptor



Carcinogen



Reproductive Fertility Disorders



Cardiovascular Disruptor



Nervous System Disruptor



Development Disorders / Birth Defects